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# Civil War Journal

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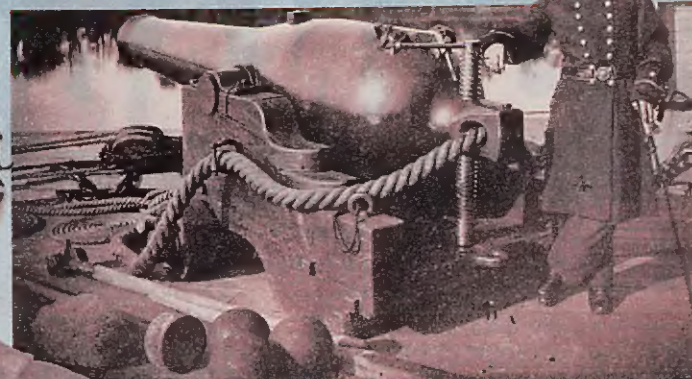
*Bloodshed. Tears. Cheers of triumph. Cries of despair. Thoughts and dreams of home.* Suddenly the years have peeled away, and you are there...It is the 1860's, and you are in the midst of an incredible war between North and South. March with the raw recruits, some as young as sixteen although they claim to be older. Watch with awestruck farmers, as clashing armies turn their cornfields into battlefields. Join Southern city folk who face the invading soldiers with amazing ingenuity and resolve. Now, in one phenomenal video, experience four of the greatest battles of the Civil War.

**THE BATTLE OF ANTIETAM** This is it--*The bloodiest day in all of America's history.* General Robert E. Lee crosses the Potomac River into Maryland, spurred on by the music of a rousing military band. At Sharpsburg he is eventually beaten back by Union forces. The cost? Some 23,000 dead and wounded, evenly divided between the two sides. A stunning security leak, the most astonishing in all of U.S. history, is revealed here.

**THE BATTLE OF CHARLESTON** Southern and mighty proud of it, this picturesque city will forever be remembered as the "seat of secession". A daring offense against the city, the firing upon Ft. Sumter in 1861, is the official beginning of the Civil War. The residents, genteel but gritty, learn to cope with Federal forces which hold Charleston under siege for years. An intriguing highlight: The world's first successful submarine attack.

**THE BATTLE OF NEW ORLEANS** A glorious, colorful city, New Orleans was known far and wide as a center of glamour, excitement, and wickedness. Located at the mouth of the Mississippi River, this grand Confederate stronghold was a hub of culture and commerce. Admiral Farragut seizes it in 1862. But the occupying troops find that the people--the ladies in particular--are surprisingly strong-willed and feisty.

**THE BATTLE OF VICKSBURG** For 2 1/2 years the Union and Confederate troops battle for control of this strategic site on the Mississippi River. In a series of awesome conflicts on land and water, both sides draw upon the talents of their greatest military leaders. General Sherman outma-



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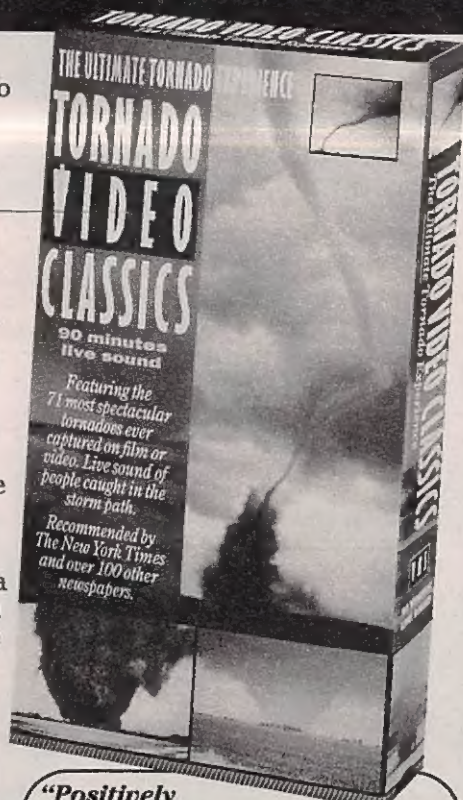
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WOMAN'S WEEKEND MAGAZINE

# Discipline

Karch Kiraly only makes volleyball *look* easy



**K**ARCH KIRALY dresses for work in shorts, T-shirt, sunglasses and sunscreen (no shoes). He works most weekends. And he has made millions. What does he do? Play volleyball on the beach.

"People think of beach volleyball as something you just play and have fun," says Kiraly, 35, considered the world's best volleyball player. "They don't realize there's a lot of discipline involved in playing at this level."

Kiraly (Kir-RYE) speaks the truth. He's as dominant in his sport as Michael Jordan is in basketball. He led UCLA to three straight NCAA indoor volleyball championships, then guided the U.S. team to Olympic gold in '84 and '88. He's won more than \$2.2 million on the pro beach circuit, tops of any player. Now he's in Atlanta for

the Olympic debut of beach volleyball (played on sand trucked in from a central Georgia sand mine).

His catlike reflexes and effortless spikes make it look easy. But Kiraly trains six days a week (saving one day for wife Janna and sons Kory, 4, and Kristian, 5). He lifts weights in quick motions to help him develop "explosive power," doing 30 repetitions of 18 different lifts, for a total of 540 reps. "You're basically jumping with a weight in your hands." He also does hundreds of lunges and jumps to help him move better on sand. His 40-inch vertical jump rivals that of many NBA players.

Kiraly credits two people for instilling in him the discipline necessary to be the best. One was high school volleyball coach Rick Olmstead, who worked his players hard, even against weak opponents. The other is dad Laszlo, himself a volleyball champion, who introduced a 6-year-old Karch to the sport. Laszlo fled Hungary in 1956 and methodically built a

He's as dominant in his sport as

